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Vol. 9 No. 8

Free to Every Home and Business Every Month

March 2022

Affectionately Referred to as the Town Google, Tara Ward is Set to Retire

By CYNTHIA WHITTY

After 18 years of service to the town, Tara Ward will retire as Ashland's Town Clerk on March 31. Ward presided over 91 elections and 44 town meetings during her tenure. Her office experienced one audit (recount) during the 2020 state election; the report found the numbers to be precise.

"Tara has been a treasured and esteemed member of the Ashland team for 18 years, and her daily presence will be greatly missed by colleagues and residents alike," Town Manager Michael Herbert wrote in a press release. "... We will miss her approachable dedication to this vital work, and extend our best wishes as she begins this next chapter in her life."



Tara Ward is excited to begin a new chapter in her life. (Photo/Ashley Place)

The Vital Role of the Town Clerk

The town clerk is central to the running of the town and wears many hats. Ward serves as a Notary Public, Justice of the Peace, Commissioner to Qualify, Board of Registrar,

Burial Agent, Parking Clerk, Public Records Access officer, and Chief Election Official. The town clerk is the Vital Records Administrator and the Chief Liaison for the Local Updated of Census Addresses. In addition, she is the keeper of town records, the Ashland Town Seal, and Boston Post Cane.

"Every public meeting as well as minutes of such must be posted through this office," Ward said. "Every Open Meeting Complaint comes through me. I also enforce our Town Charter, the laws and policies that make up our local municipal government. I interact

RETIRE

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From left to right: Aleksei Shabalin on holiday in 2019 with his family, son Stepan (now 13 years), wife Elena, and son Ivan (now 18 years). (Photo/supplied)

Ashland's Aleksei Shabalin Runs His First Marathon in April

By CYNTHIA WHITTY

The town of Ashland has 12 runners for this year's Boston Marathon. The residents run as invitational entries, or "bib" numbers through the Boston Athletic Association (BAA). They don't have to qualify for the marathon, but each needs to raise \$3,000 to support the Ashland Select Board commu-

nity funding program, known as the BAA grant program. Last year Ashland had 22 entries who raised a total of \$71,332.20.

Ashland's Aleksei Shabalin will be one of the 12 "bib" runners on April 18. To support him

MARATHON

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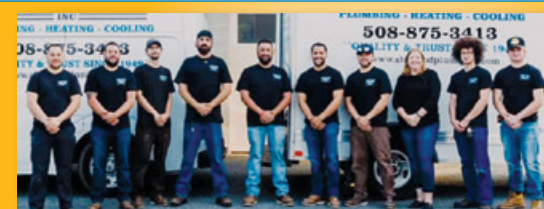


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RETIRE*continued from page 1*

with every office in the town. I also interact with local, state, and federal officials. I answer not only to the town manager but also to Secretary of State William Francis Galvin regarding elections.”

Ward said she enjoys “the accomplished feeling of preserving the town records for future generations. My name is on the inside covers of each book. I particularly enjoy the fact that I hold my grandmother’s birth certificate as she was born in the Town of Ashland and my grandparent’s marriage certificate. As well as my great grandparents, and my daughters’ marriage certificate. This gives me such a warm feeling knowing that I am the keeper of these records.”

Ward also enjoys researching town records, “both for genealogy purposes and to assist the Town with anything they are looking for.”

Work of the Town Clerk Has Changed Dramatically Over the Years

“Elections have certainly changed since I was involved back at the age of nine when my Dad ran for local office in Framingham and throughout my career,” Ward noted. “I was an elected town meeting member in Framingham for 15 years, so I was able to see firsthand how the system works.”

“The election process has recently become politically charged, and that makes it a challenge when you have to remain neutral in all aspects of the election process. It is a monumental undertaking to administer elections while maintaining a strict balance of being non-partisan. Some [officials] find that elections offer no filter for the citizen’s they must interact with.”

“I encourage all registered voters to be able to participate in the election process. There are new ways of achieving this such as no excuse vote by mail, absentee voting, early voting, or in-person voting on Election Day. It truly is a lot of extra work for the election commissioners. However, it gives hope to the voter that they can make a difference.”

The Town Google, Trained to Help

What does she want Ashland residents to know about the town clerk’s office? Ward said, “We [town clerk’s office] are affectionately referred to as the Town Google.”

She added, “We ask that you just be kind. We are here to help you. Every single one of you will at some time over the course of your life have to interact with the Town Clerk’s Office. Be willing to listen, as we are trained to help you. Nearly every record for the Town has passed through this office. It is quite the responsibility to keep these records.”

In her retirement, Ward is looking forward to spending time with her family. “When I did the math, I have been working since I was 16 years old. That doesn’t count babysitting or my paper route or working at a nursing home, the Cancer Center or when I was Park leader. I worked all through my daughter’s childhood, and now I look forward to spending time with my grandson, Grant Martin Craven, who is 10 years old as well as with my 91-year-old mother, Barbara Waugh Ford, and the rest of my family and my friends. I am also planning to write a book. I have been writing stories since I can remember. And I am looking forward to visiting the ocean as much as possible to drink in the tranquility of it.”

“I am very grateful for all the opportunities that I have been given as well as the years I have been able to help others. Now it’s time for me to begin a new chapter. This is very exciting for me, and I am very grateful that God has given me the courage to take the time to enjoy my life with my loved ones.”

Ashland Celebrates Women’s History Month

BY CYNTHIA WHITTY

Ashland’s Human Services Department and Decisions at Every Turn (DAET) will host a series of female-centric community events for Woman’s History Month. You will want to save these dates!

March 10: A virtual presentation and discussion on the depiction of violence against women in art, throughout history, and how this impacts us today

March 24: A virtual presentation and discussion on how the representation of females in media and modern culture impacts substance use and mental health

March 31: An in-person panel and community discussion focused on trauma and social justice using the movie “Promising Young Woman” as a platform, hosted by the Ashland Public Library and Ashland Human Services Department, sponsored by the Friends of the Library, and in partnership with Minding Your Mind and Voices Against Violence.

Additional program details and registration information to come on the town website and social media. For more information, contact Kristin French at kristin.french@ashlanddecisions.org or Jennifer Wuelfing at humannservices@ashlandmass.com or 508 532 7942.



humannservices@ashlandmass.com or 508 532 7942.

In addition, the Ashland Library will celebrate women’s history with the following virtual programs:

March 15: 2 to 3 pm: How RBG Came To Be—The Process of Appointing A Supreme Court Justice led by Kathleen Page, Education Specialist at the Clinton Presidential Library. Explore the process from selection to swearing in through records held at the Clinton Presidential Library. Register online: bit.ly/3rTefel.

March 22: 2 to 3 pm: Boston HerStory led by Jennifer Gregg, President of the Boston Women’s Heritage Trail, will present “Boston HerStory: Remarkable Women.” Examine some of the remarkable women who lived and worked in Boston, their lives and achievements, and how they’ve influenced the history of Boston and beyond. Register online: bit.ly/3sHQTE.

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MARATHON

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and the other Ashland runners, visit www.ashlandmass.com/927/2022-Runners.

What drives these runners? *Ashland Local Town Pages* recently interviewed Shabalin to find out.

Whitty: Why did you start running?

For the last 20 years I've been doing different kinds of sports. I tried powerlifting, paintball, indoor rowing, hiking, and so forth. I also tried running a couple times, but both times it did not work out.

The first time I tried I did not really see the reason why I was doing it, I did not have the self-motivation. As a result I switched over to running on the elliptical, because it gave me the opportunity to watch various educational videos and not get bored.

The second time was about four years ago. But I made a common mistake for a beginner which was that I started running too intensely from the very beginning. As a result I got a few problems with joints within a couple weeks. So that attempt failed as well.

I started taking running seriously in the summer of 2020. It started out as an understandable extension of my walking exercises. Originally they were meant as the cardio training in my HIIT [high-intensity interval training] workout routine. And at one point my walking transformed into jogging.

This time a couple things added up. 1) Throughout my walking exercises I learned to enjoy being by myself, enjoy the nature and the fresh air around me, feel the movements of my muscles, and slowly ponder various ideas without the distraction of a phone or a computer. 2) I ended up running rather slowly and in a quite safe way.

All in all, my running came around kind of naturally.

Whitty: How do you stay motivated?

I believe I'm quite lucky since I like the process by itself. Losing weight, good race results, and overall wellness are just a nice addition.

Another important bit is the fact that I get to spend time alone without devices. I work remotely from home, so there is constantly someone from my family around me. Please, don't get me wrong, I really do love my family, but everyone needs some alone time, and running gives me that time.

We are constantly engulfed by the virtual world. We keep on using social media, phones, and the Internet in general and we do not have the chance to stop and look into ourselves. But all those things disappear when I start running, I don't even listen to music, it's only me and the real world around me.

Being alone and having the chance to think while also doing something that I really like is already the best motivation I can get.

Whitty: What is your experience running marathons?

This Boston Marathon will be my first marathon. As I mentioned before I only ran for just 2 years. And I did not even consider computing for the first 1.5 years. By this point I have already competed in some 5Ks, one 10K, and one Half-Marathon. In general I like competing with others, but it is not the main part for me.

Whitty: What does your practice look like?

A couple months ago I started talking with a coach who gives me directions for what to do. There are various workouts: it can be interval training, tempo runs, long easy runs (up to 20 miles), uphills, or the exercises with the body weight. Before I started working with the coach I just ran.

Usually I wake up at 6-6:15am and go to practice without any breakfast. I do a short warmup for my joints, then I run 1-1.5 miles at a very low pace, then

comes the main part of the training (it can be different depending on the goal of the workout), and lastly 1 mile of cool down. So, as a result I start working at around 8:45-9:00 a.m. I tried running in the evening, but I seem to lack the feeling of freshness and the energy I feel in the morning. I prefer to run in the morning when nobody is there and the day feels so light and bright. I'm definitely an early bird.

Whitty: Why run the Boston Marathon this year?

Last year was the very first time when I visited the Boston Marathon. The sight was amazing. Both the runners and the audience were radiating so much energy. I realized that I have a new dream, running in the Boston Marathon. I wished to play a role in the event.

I knew that the Boston Marathon is the hardest world marathon to get into, save for the Olympic Marathon, and as a result I was all the more happy when I learned that I can participate in the race with the help of my hometown within such a short period of time.

Whitty: What does the Boston Marathon mean to you?

The Boston Marathon is the oldest and most prestigious of the marathons available to the public. It is the dream race for anyone that does running. I always thought that the Boston Marathon was something that no ordinary runner, like me, could be a part of. For me it is a chance to participate in a historical event, to be a part of something that is truly significant, something that unites thousands of people from across the world.

Whitty: What do you do when you are not running?

I work as a software developer for Simplisafe. As a side note, my first running competition was a virtual event organized by the company.

I have an interest in many various fields, but my most dominant one is reading. I always had a passion for reading, and there was hardly a time when I couldn't spare about an hour a day for it. I do like to read scientific articles about psychology, biology, and physiology. I also enjoy reading sci-fi and fantasy.

My other hobbies include fishing, hiking, baking, and cooking, and working on the cars of my family. And, of course, I love my family. The time I spend with my family is priceless for me. For example, last summer the four of us traveled along the entirety of the I-90, all the way from Boston to Seattle, by car. It took about three weeks, but it was one of the most memorable events in my life.



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Around Ashland Town News

BY CYNTHIA WHITTY

Tired of Winter? Think Spring!

Join the Ashland Garden Club for a free Winter Seed Sowing Workshop on Saturday, March 12, 10:30 to 11:30 a.m., either in person at the Ashland Library, 66 Front St., or virtually, to learn how to create a miniature greenhouse and plant your own seeds. Live participation will be limited to 15 attendees. All participants

must register online to attend. To register, visit bit.ly/3tfenWE.

Nomination Papers for Town Election

Ashland's next scheduled election is May 17. The last day for potential candidates to submit nomination papers to the town clerk's office is 5 p.m. on Tuesday, March 29. For more information, visit www.ashlandmass.com/219/Elections-Voting.

Dates to Remember

- **Annual Town Meeting:** Wednesday, May 4, 7 p.m. at the Ashland High School
- **Annual Town Election:** Tuesday, May 17, 7 a.m. to 8 p.m. at the Ashland High School

Ashland Searches for a Police Chief

Ashland is searching for a new permanent police chief. Interested candidates may submit a resume and letter of interest with their qualifications by emailing, humanresources@ashland-mass.com, subject: Police Chief Search, or by mailing Town of Ashland, Human Resources Office, 101 Main Street, Ashland, MA. 01721, Attn: Police Chief Search. For more information, visit bit.ly/35QTcAk. To view the Employment Profile for the position, visit www.ashlandmass.com/597/Employment-Opportunities.

Collaborative Workspaces Available

My Ashland Office at 21 Main St., Suite 103, offers collaborative workspaces to support a diverse and multidimensional business community. Book a private desk, office, shared workspace or time in the video conference room and productively complete your workday. Pricing is available for part-time or full-time depending on your need. Funded in part by a grant from the state Economic Development Incentive Program (EDIP). 508-621-1222, info@my-ashlandoffice.com, myashlandoffice.com.

Disaster Preparedness

Assistant Town Manager Jenn Ball gave a presentation at the library in January on disaster (hazard) preparedness, focusing on preparation and resources available at the local, state, and federal levels. Hazards can fall into three categories: natural hazards, such as floods, fires, winter storms; manmade incidents, such as acts of terrorism, industrial accidents, cyber-attacks; and emerging issues, such as public health emergencies. Residents can stay informed by signing up for the town's Code Red system (bit.ly/3oCbBrd) and following the MA Emergency Management Agency (MEMA) and the Department of Public Health (DPH) for information about statewide



Think spring! Attend the Ashland Garden Club's a winter seed sowing workshop, in person or virtually, on Saturday, March 12. (Photo/supplied)

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Ashland Racial Equity Initiative
(REI Report)

January, 2022

The final Racial Equity Study report from Suffolk University is now available. Read the report on the town website, bit.ly/3BjcPN2. Learn about the Racial Equity Study group on the town website, www.ashlandmass.com/938/Racial-Equity-Study-Group.

emergencies. To view Ball's presentation, visit bit.ly/3uHKf6P. The presentation is also posted on the town and library YouTube channels.

Annual Dog License Registration is Due April 15

The Town Clerk's office requires dogs to be registered annually. Be sure to register before April 15 to avoid paying a fine. To register, use the town's online system or drop off the form and payment to Town Hall. If you no longer reside in Ashland or your dog is deceased, update the Town Clerk's Office by email, townclerkoffice@ashlandmass.com, or call 508-881-0100 ext. 7127. For fees and forms, visit www.ashlandmass.com/216/Dog-Licensing.

Outside Burning Allowed until May 1

The Ashland Fire Department requires residents to obtain a permit for outside burning. There is no fee for the permit, which is valid for the entire burning season (until May 1, 2022). Each subsequent time a resident wishes to burn, they must activate their permit on that day. Permits are for brush only. Burning construction materials, leaves, paper products, sawn Lumber, and stumps is prohibited. For complete details, visit www.ashlandfire.com/31/Burning-Permits.

Community-Based Scholarships for Ashland Students

By CYNTHIA WHITTY

Several community-based scholarships are available to graduating high school seniors who reside in Ashland. For more information on these scholarships and other grants and financial aid, visit the Ashland High School counseling department. Here is a sampling of scholarships offered by local groups.

March 31: Greater Framingham Running Club (GFRC) Rich and Chris Chesmore Scholarship. Each year, subject to budget approval, GFRC presents two college scholarships to local high school seniors. The scholarship award for 2022 will be \$500 for each recipient. The deadline to apply is March 31. For the scholarship application, criteria, and eligibility information visit www.gfrcrun.org/membership/scholarship.htm.

April 1: The Rotary Education Fund of Framingham is pleased to offer 15-\$4,000 scholarships in 2022 to graduating high school seniors living in or attending school (public or private) in Ashland, Framingham, Holliston, and Hopkinton. All criteria specified on the application are required and includes a student school record that indicates the probability of success in college; a recommendation from high school principal and/or guidance counselor; and demonstrated financial need. Applications are due by April 1. For the application, visit www.framinghamrotary.org. Click on Rotary High School Scholarship under "Our Current Projects."

April 28: Each year the Ashland Business Association (ABA) provides scholarships to high school seniors residing in Ashland who exemplify community and business spirit, work ethic, and creativity. This year the business organization will offer two-\$1,500 scholarships. The deadline to submit an application and supporting materials is midnight on April 28. Students may download an application from the ABA website, ashlandbusinessassociation.com/scholarship-application.

May 1: The Ashland Farmers Market (AFM) will offer two-\$1,000 scholarships to graduating Ashland High School seniors or recent graduates who are beginning studies in 2022 at an accredited institution. Field of study must be in line with the mission of AFM, including but not limited to agriculture, nutritional science, environmental science, and community development. Preference will be given to students who have a history of volunteering at



Brooke Kulaga (in pink) and Rebecca DeBenedictis (in white) were the winners of last year's Ashland Business Association scholarships. (Photo/supplied)

AFM. The deadline to apply is May 1. Find the application here on the AFM website, bit.ly/3sx-2FVa. For more information, visit www.ashlandfarmersmarket.org.

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Library Programs in March

ADULT PROGRAMS

Virtual - Environmental Book Club:

Read "The Story of More: How We Got to Climate Change and Where to Go from Here"

Tuesday, Mar 1 @ 6:30pm

Virtual: Jumpstart Your Financial Future: Tips and Tricks for Managing Your Credit

*For Older Teens and Adults Tuesday, March 1 @ 7pm

Virtual - Author Janice Nimura Discusses 'The Doctors Blackwell'

Wednesday, March 2 @ 7pm

Virtual - Crime Lab Case Files with Forensic Scientist Paul Zambella

Thursday, March 3 @ 11am

Virtual - Romance Book Club: Read "The Viscount Who Loved Me"

Thursday, March 3 @ 6:30pm

Virtual - Franklin & Eleanor Roosevelt -- Two Halves Of A Whole

Tuesday, March 8 @ 2pm

Virtual - Rebel Girls Celebrate International Women's

Day! *All Ages

Tuesday, March 8 @ 7pm

Mystery Book Club: Read "Confessions on the 7:45"

Wednesday, March 9 @ 6:30pm

DIY Green Products

Thursday, March 10 @ 6:30pm

Virtual - Mighty Storms Of New England with WBZ Meteorologist Eric Fisher

Thursday, March 10 @ 7pm

Virtual - Friday Night Film Discussion: Watch "Sweet Bean"

Friday, March 11 @ 7pm

Hybrid - Winter Seed Sowing Make-and-Take Workshop

Saturday, March 12 @ 10:30am

Virtual - A Conversation with Romance Author Olivia Dade

Saturday, March 12 @ 3pm

Card Making to Celebrate St. Patrick's Day with Jan Poppendieck

Monday, March 14 @ 6:30pm

Virtual - How RBG Came To Be -- The Process Of Appointing A Supreme Court Justice

Tuesday, March 15 @ 2pm

Virtual: Jumpstart Your Financial Future: Managing Your

Money to Build Your Best Life

*For Older Teens and Adults Tuesday, March 15 @ 7pm

Virtual - Bio/Memoir Book Club: Read 'We Were Rich and We Didn't Know It'

Wednesday, March 16 @ 11am

Hybrid - All Things Sherlock Holmes

*For Older Teens and Adults Wednesday, March 16 @ 6pm

Great Decisions Discussion Group

Thursday, March 17 @ 6:30pm

Virtual - A Look Back In Time -- The James Webb Space

Telescope

Friday, March 18 @ 11am

Virtual - LGBTQ+ Book Club *For 15-25: Read "They Both Die in the End"

Friday, March 18 @ 6:30pm

Virtual - Boston HerStory -- Remarkable Women with Boston Women's Heritage Trail

Tuesday, March 22 @ 2pm

Hybrid - Genealogy 101:

Tuesday, March 22 @ 7pm

Virtual - MA Must Read Authors: Katherine Stewart

Wednesday, March 23 @ 7pm

Virtual - Classic Restaurants Of Boston

Thursday, March 24 @ 7pm

Virtual - Friday Night Film Discussion: Watch "David"

Friday, March 25 @ 7pm

Virtual - Historic New England Armchair Tour

Tuesday, March 29 @ 2pm

Virtual - What's on Your TBR pile? with author Gail Carriger

Tuesday, March 29 @ 7pm

Virtual - Discover The Joys Of Bird Feeding with Mass Audubon

Wednesday, March 30 @ 11am

Our Electric Vehicle Future is Now

Wednesday, March 30 @ 6:30pm

A Promising Young Woman

Thursday, March 31st @ 6:30pm

More Info TBA

Knitting: Mondays at 6pm

Saturdays at 2pm



CHILDREN'S PROGRAMS

(In-Person) Talking Hand Theatre Musical Puppet Show - "Whale Tales" *Young Families

Saturday, March 5 @ 10:30am

(In-Person) Lego Club for Kids *5 and up

Thursday, March 17 @ 4pm

(In-Person) Milk Magic *Age 4 thru 9

Saturday, March 19 @ 11am

(In-Person) Stop-Motion Animate Your Toy! *4th Grade and Up

Tuesday, March 22 @ 4pm

(In-Person) Recycled Creatures *Kids in Kind to 3rd Grade

Wednesday, March 23 @ 2pm

(In-Person) Lego Club for Kids *Age 5 & Up

Thursday, March 24 @ 2pm

(In-Person) PJ Story Time with Miss Lucie *Ages 3 and Up

Tues, March 8th @ 6:30pm

(In-Person) Little Crafters *Ages 0-5

Monday, March 28th @ 10:15 AM

YMCA Play, Learn, and Grow Group *Ages 0-5 In-Person -Tuesdays @ 11am

Virtual - Thursdays @ 11am

Hybrid - Lapsit for Infants and Toddlers Wednesdays @ 10:30-11am

Virtual - Stories with Miss Lucie *PreK and Up Fridays @ 11-11:30am

Have you seen our ONLINE Stories by Miss Lois?

Join our Facebook Group to read along!

TEEN PROGRAMS

Anime Club

Thursday, March 3 @ 4-4:45pm

Game Night

Wednesday, March 9 @ 4:30-5:15pm

C.R.A.F.T. *Teen & Adult

Tuesday, March 15 @ 6:30-6:15pm

Virtual - LGBTQ+ Book Club *For 15-25: Read

"They Both Die in the End" Friday, March 18 @ 6:30pm

Rebus Puzzle Contest

Saturday, March 26 @ 2pm

Hybrid - Teen Book Chat Monday, March 28 @ 4-4:45pm

Virtual - What's on Your TBR pile? with author Gail Carriger

Tuesday, March 29 @ 7pm

FRIENDS BOOK SALE!

Friday, March 4th

6:00 – 8:00 pm

Friends Member Preview - you can become a member or renew at the door

Saturday March 5th

10:00am – 4:00 pm

Open to the Public

We're happy to be accepting book donations at the library on the 3rd Saturday of the month from 11am- 2pm. Your donations, be it of materials for the Friends book sales, memberships, and/or monetary, make programs and museum passes possible at the APL!

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Your Money, Your Independence

Book Travel Now - Time for Experience Spending

The financial industry, in particular investment management and financial planning, place limited emphasis on helping clients spend money.

There are reasons for this, advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) with default emphasis on saving more for distant goals, as spending now during windows of opportunity makes analysis harder and recommendation outcomes realized.

To be fair, there are individuals who spend too much and need help saving for their priorities.

That said, my PSA for those adhering to a financial plan:

Book your travel now.

If you think inflation in autos, housing and materials are bad, wait a few months to see the surge of pent-up demand flooding the static availability within the travel and hospitality industry.

Evidence is already showing in summer rentals, airfares, hotels, and earnings reports.

For example, Disney's October-December quarter reported \$7.2B in Parks & Experiences division, \$1B more than expected and double the prior-year quarter. And don't think The Mouse



Glenn Brown

fails to understand its pricing power when demand surges.

Yes, the time has come for experience spending with family, friends, and loved ones.

What is Experience Spending?

A concept of having greater value for experiences versus things. Studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared

experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

Experience Spending isn't limited to just travel.

Consider having many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small pur-

chases, such as cooking clubs, memberships, kid's activities, and spa days?

In closing, it's important to treat yourself and those you love along the journey of financial independence, as those opportunities and their impact may not be present later. For many, now is the time to act, expect sticker shock or compromise, and enjoy making new memories.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Committee to Propose Inclusionary Housing Zoning Bylaw at Town Meeting

BY CYNTHIA WHITTY

Select Board member Brandi Kinsman is one of the committee members working on a town-wide Inclusionary Housing zoning bylaw to increase affordable housing in Ashland. An adoption of inclusionary zoning is one tool that over 100 communities have adopted to keep pace with the growing housing pressures.

The committee is comprised of Steve Greenberg and David Rosenblum from the Affordable Housing Trust; Ron Etskovitz from the Board of Health; Tricia Kendall from the Planning Board; Town Planner Peter Matchak; and Assistant Town Planner Emma Snellings. They are planning to bring the bylaw to the May town meeting.

The Metropolitan Area Planning Council (MAPC) has created a website, Ashland for All (bit.ly/3rG3A6A) that has infor-

mation on Ashland's need for affordable housing, the town's Housing Production Plan (HPP), and the Inclusionary Housing bylaw.

In this interview, Kinsman explains inclusionary housing and the pros and cons for Ashland.

Whitty: Can you explain what inclusionary housing is?

Inclusionary Housing is a zoning policy/bylaw that would require all new development to include a certain number of deed-restricted affordable housing units as part of a proposed project for both owner-occupied and rentals. A zoning policy/bylaw is a best practice to increase affordable housing. Over 100 cities and towns in Massachusetts have adopted Inclusionary Housing policies. Presently, Ashland does not have a town-wide requirement for including affordable housing in development projects.

Whitty: How did this proposal come about?

Ashland's Housing Production Plan (HPP) first created in 2016 and then updated in 2022 proposed inclusionary zoning as policy/ bylaw for the community to adopt.

Whitty: Who else besides your committee has been working on this?

Our committee partnered with MAPC, a local housing agency, featuring Alex Koppleman and Alexis Smith, who have expertise as housing planners.

Whitty: What exactly are you proposing to be voted on?

We are proposing to adopt an inclusionary zoning bylaw, which will require developers to add 10 percent of their total units as deed-restricted affordable units. This provides an opportunity for equal housing options in the community.



Whitty: What are the pros and cons?

The pros are, inclusionary zoning adds affordable housing units into the community, creating an equilibrium of affordable housing options in comparison to market-rate housing options, under the State Statute Chapter 40B.

The cons are, without this policy, as development progresses, there is a limited incentive and no accountability on the project developer to include affordable housing options.

Whitty: How would the bylaw impact the town and neighborhoods?

Ultimately, the bylaw would increase Ashland's overall housing for our workforce, which includes teachers, police officers, and firefighters that want to work and live in our community. This policy is also in line with the state's mandate that towns need to have 10 percent of their housing be affordable and will help us reach that goal.

Whitty: What are the next steps?

Our next step in this process, following the survey conducted late January--early February, is to present the community with a draft bylaws in preparation of Town Meeting in May. Ashland residents are invited to take part in an upcoming housing community forum.

Friends of Library Book Sale, March 4 and 5

BY CYNTHIA WHITTY

The Friends of the Ashland Library (FAL) will hold a book sale in their new, permanent

book sale room at the library, 66 Front St., on Friday, March 4, and Saturday, March 5. The sale on Friday, from 6 to 8 p.m., is open

to FAL members. To browse early for the best selection on Friday, become a member by joining at the door that night.



On Saturday, March 5, the sale will be open to the public from 10 a.m. to 4 p.m., with a bag sale (bags provided) from 3 p.m. to 4 p.m. During the bag sale, customers may fill as many bags as they wish for \$5 each.

To keep shelves stocked with fresh selections, the Friends accept donations of gently used books, DVDs, and CDs every 3rd Saturday of each month in the

library parking lot. Donors may bring in as much they want. FAL volunteers will be available to assist.

"After the March book sale, we're going to experiment with expanding our sales days by opening the room during the April 16 donation hours," Jan Poppendieck, book sale coordinator, said. Watch for updates on the Friends' website at friendsoftheapl.org.

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Revive, Renew and Awaken!

BY GINA WOELFEL

We've had some beautiful, spring-like days these past couple of weeks with the kind of weather that makes you want to ditch your winter clothes and get outside. New England's climate is fickle, though. Valentine's Day weekend was a gorgeous 60° for Saturday and a snowy, 32° for Super Bowl Sunday. That's a crazy temperature shift, even for the northeast! Now, I know there's a few of you out there who thrive in this sub-zero climate, strapping snowboards and skis to your feet, only to hurl yourselves down a mountain. To you I say, with a full heart of admiration, to each his own. I'll take my snow by the fire, curled up and cozy and leave the extreme winter sports to the harder folks.

But as a Bostonian, I do admit, anything above 30° is practically summah, and 60° is downright balmy, so those few sunny days were a pleasant break from this particularly cold and dry season. I normally like to get out and walk, but with so many days in the single digits, I found myself spending much of my time indoors.

If you're like me, some days I don't look up from my computer till well past noon, only to grab a quick lunch, say hello to my family and sit back down again. This past season, those few days became most days and I was feel-

ing stuck and sluggish. It was time for a change, but, as we know, change is difficult. By the end of last year I was feeling uninspired and consciously didn't make any large New Year's resolutions knowing that, far too often, these grand modifications fall flat.

March has always felt like a healthy exhale to me. It's the month we wake from hibernation and feel the first hint of Spring. Each extra minute of sunlight slowly retakes the day and it's warmth nudges Earth into a time of renewal.

2022 felt like the perfect time to make some very small, but monumental changes in my life. I bought a watch. Not an old-school Timex watch, but one that gives me healthy reminders to stand, breath and take mindful minutes. You wouldn't think that this little device could get me out of my winter funk, but it helped. I took those mindful minutes, I stood and stretched and breathed deeply and oddly enough, I started to feel better. I also joined the YMCA and swim two days a week. I try for three, but my goal was two and I've stuck with it.

I've become more cognizant of my screen time and where my focus is. Working in social media and marketing has made this my most difficult resolution, but I'm trying to be more present and enjoy my life past the blue screen.



scan for more info

And lastly, I decided that I want to experience something wonderful every day, every month and every year of my life. Perhaps, I've just been able to mine out a bit more gratitude for the things I already had? I'm not really sure, but I do know that something as simple as the smell of spring feels like a gift and I consider that a wonderful part of my day.

We'd love for you to experience something wonderful this month!

Check out our March Specials and book yourself some "ME" time!

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Planting Trees to Save the Town Forest

BY CYNTHIA WHITTY

Why plant trees when we have a forest full of them? The Ashland Town Forest Committee has an answer.

“To the untrained eye the forest looks fine, but let’s take a closer look,” Rob St. Germain, chair of the Forest Committee, said. “The town forest is a magnificent place – miles of well-marked trails, bridges over streams and wet areas, and map-posts at key intersections. However, many of the older trees have fallen, and



The Town Forest Committee has a new all-terrain maintenance vehicle to help with maintenance and restoration. (Photo/supplied)

Mike Jones, vice chair of the Town Forest Committee, prepares the Blue Trail area, partially destroyed by fire in 2015, for spring replanting. (Photo/supplied)

of those that are standing, many have various species of fungi growing on their bark.”

St. Germain pointed out gypsy moth damage. “Three years of defoliation coupled with severe drought, and now we have a lot of standing deadwood.”

Other younger trees are bent over. “Ice storm damage,” he explained. “Those trees may live for a few years, but they will never mature into a healthy tree.”

“Let’s look at the forest floor. Do you see any baby trees? ‘Deer browsing.’ We have an over-population of deer, and they eat saplings. The average deer can eat an estimated 3,000 saplings a day to survive at certain times of the year.”

“The young trees you see growing are black birch, a specie that deer do not like but not one

Forest Facts and History

- In colonial times most eastern Massachusetts forests were cleared and converted to farm and pastureland. As farming moved to the more fertile ground of the Midwest and West, New England farm and pastureland began the long transition back to forest.
- The Ashland Town Forest was acquired in 1942 by town benefactor Henry Warren. The Sudbury Valley Trustees later added a major parcel and the town recently added a few other parcels.
- Ashland Town Forest contains 648 acres of prime habitat for birds and other wildlife.
- During the pandemic, trail use increased by 10-fold, a sign of the valuable role that the forest plays in people’s lives.

that will yield the kind of diverse forest we have now. Basically, we have no future forest in the ground.”

Can the Forest be Saved?

St. Germain has an answer: the solution is to plant trees and erect fences to protect them.

Funded by the Massachusetts Department of Conservation and Recreation (DCR) and the town’s Community Preservation Committee (CPC), the Town Forest Committee will begin planting trees this spring in the Blue Trail area of the forest -- an area partially destroyed by fire in 2015. Working with a professional forester, volunteers will identify other small areas and do ‘micro-plantings’ of one or more trees to create ‘islands’ of new genetic material with the hope of seeding the future forest. The new trees will include Sugar Maple, resistant Elms, Hornbeam, Hickory, and various species of Oaks.

“We can’t just plant new trees and walk away. We will need to

water them until they can make it on their own, but we could not even attempt this project were it not for the support that the town has given us,” St. Germain noted. That support is evidenced by a new all-terrain utility vehicle and a shed to store it in. The vehicle is used to maintain trails and will be used to transport fencing materials, new trees, and water deep into the forest.”

“Some people say that the Forest Committee is one of the hardest working groups in town, St. Germain said, “but for us it is a labor of love. It is very rewarding.”

The committee has five voting members and two associate members, and is aided by a growing list of additional volunteers. In addition to the restoration project, the committee is also working to remove invasive plants. For more information and to volunteer for town forest projects, send an email to TownForest@Ashland-Mass.com.

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On a Mission to Combat Veteran Suicide

BY GRACE ALLEN

After three military friends killed themselves in one month, David Campisano knew he had to do something. In April of 2020, the Army veteran and former Norfolk resident started 22Mohawks, a non-profit committed to raising awareness around veteran suicide.

Campisano served his country from 2001 to 2016, and after his honorable discharge he returned home and slipped back into civilian life. He was one of the lucky ones. Since the global War on Terror began in 2001, over 60,000 American soldiers have died in combat. While that number is stunning enough, it's eclipsed by the number of military veterans who have committed suicide in the same time frame. By some accounts, it's close to 120,000. On average, 22 veterans commit suicide each day.

"Veterans are trained not to ask for help. They're trained to suppress emotions and not show weakness because there's this stigma," said Campisano. "You're in the military, you get hurt and you're in pain but you're



From left, David Campisano, the founder and president of 22Mohawks, with Stacey Coyne, the organization's CEO, and Mike McGee, the first veteran to receive a dog through 22Mohawk's Pups for Vets program. Photo courtesy of 22Mohawks.

not going to tell anyone and you drive on. And that actually works very well when you're in the military. But when you get out, that doesn't work anymore. Some of

the most A-type, hard-charging people I know took their own lives."

22Mohawks began with a few events to gather veterans together



A recipient of the Pups for Vets program with Campisano, Charlie Young (rear), and Patrick Martin. Young and Martin of Professional Canine Services provide life-time training for the dogs. Photo courtesy of 22Mohawks.

in an effort to provide support and create community over shared experiences. But after the chaotic withdrawal from Afghanistan last year, Campisano was inundated with calls from veterans having difficulty processing the end of the war. He decided to create a website to get more visibility for the organization, and also to announce that he would help veterans get emotional support dogs as quickly as possible. There is a two-year waiting list for a dog through the U.S. Department of Veterans Affairs (VA).

"The website went up and within two days we got a phone call from a veteran asking for a dog," recounted Campisano. "He was in bad shape, so I went to the local shelter, bought a dog, and drove it to his house."

That veteran was Michael McGee.

"22Mohawks sprang into action after I reached out to them," said McGee, a Marine Corps veteran now living on Cape Cod. "The days were getting harder and harder to fight through, but because of their intervention, today I feel confident in my ability to keep fighting on. They helped me understand that it's okay to reach out for help and their generosity and selflessness has given me a new outlook on life."

22Mohawks partners with Professional Canine Services in Middleboro to provide free life-time training for the dogs, which

Campisano gets from area shelters. Since September of 2021, 22Mohawks has placed on average one dog a week with veterans through its Pups for Vets program. If a dog is available, any vet that needs one will get it at no cost within 24 hours. (There can be up to a three-week wait if dogs are not available.) Veterans are responsible for the dog's medical bills and food, although 22Mohawks provides the first week of food for free.

Campisano and his team are working with local VA offices to become the first point of contact for veterans returning home after a tour of duty. Their goal is to provide support for vets in any way possible, although suicide awareness and prevention remains the organization's primary focus.

Rachel El Massih, the Public Relations Director for 22Mohawks, said Campisano is always taking phone calls from veterans he doesn't know, and often they simply want someone to talk to who understands what they're going through.

"Dave doesn't have a clinical background," said El Massih. "He's just a fellow veteran and I think that makes a difference for people. And that's what we want veterans to know, that we're just a phone call away, providing peer-

VETERAN
continued on page 13



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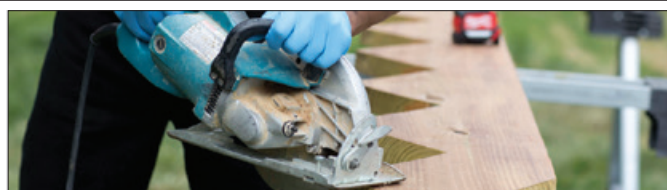
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VETERAN

continued from page 12

to-peer support.”

22Mohawks will help veterans navigate the mental health system, too, if they want or need more support than the organization can provide. Vets are often referred to a direct contact at Home Base, a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of war for service members and veterans of all wars. There is no cost for services provided by Home Base.

There is also no cost for the yearly events 22Mohawks holds for veterans, which include a NASCAR racing experience, a tandem parachute jump, and a firearm safety certification course. Veterans are chosen by lottery to attend.

The goal of the veteran-focused events, according to Stacey Coyne, 22Mohawks’ CEO, is to



Coyne and Campisano, along with Allyson Shean, right, the Pups for Vets program’s Lead Ambassador, with a pup recipient.
Photo courtesy of 22Mohawks.

create social connections and camaraderie while providing an

outlet for veterans and their families to express themselves.

“We are family-based and we encourage veterans to bring their spouses and children,” Coyne said. “Because it’s not just about the veteran. The spouse may not understand what the vet is going through and maybe these events will help them see the challenges their spouse is facing.”

22Mohawks also holds fundraisers open to the public, with the proceeds going towards the organization’s Pups for Vets program, as well as to the yearly veteran-focused events. Upcoming fundraisers include an open skate night on March 26 from 5 to 8 p.m. at the Skating Club of Boston in Norwood, as well as a trivia night on April 8 from 7 to 11 p.m. at the Norwood Elks.

Campisano and his senior leadership at 22Mohawks hail from Millis, Franklin, Walpole, Norwood, and Wrentham. And while the organization is currently Massachusetts-based, Campisano will try to help any veteran who needs support.

“We want veterans to know that there’s a group of people that can be there for them for anything,” he said. “If they’re having a bad day, they can call us and we’ll have a conversation and maybe they’ll realize it’s not actually a weakness to reach out. We all get sad and we all get depressed. So let’s talk, because we don’t want anyone else dying by their own hand.”

To contact 22Mohawks, call 1-617-680-9852 or 1-781-251-9212. Campisano can also be reached via email: dave@22mohawks.com.

Visit the group’s website at <https://22mohawks.com> for more information about the organization, including upcoming fundraisers and events for veterans, or to make a donation. Their online shop has gear available for purchase to help raise awareness about the organization and veteran suicide.

RECYCLE THIS NEWSPAPER

Greater Ashland Lions Club

Again this year we participated in “Coats for Kids” and collected 80 coats. These were cleaned by Anton Cleaners and distributed among those in need. We thank them for their continued partnership.

Our collecting doesn’t stop there. We’ve collected 90 pairs of glasses that have been donated. Current drop-off boxes are located at: Ashland Town Hall, Ashland Police sub-station on Main Street and Market Basket on Pond Street (Rte126).

Among our other collectibles; Tabs from cans (soda, pet food cans, etc.) which are sent to the Shrinner’s. We also collect Box Top for Education. Contact Lion Cheryl at pcwyski@gmail.com for pickup.

We had a finalist representing our club in the annual District Speech Contest for high school students. She advanced to our District 33K’s Mid-Winter Conference held on February 12th. Congratulations on a great job!

Our annual Quiz Night rescheduled date is going to be announced soon! Follow our FaceBook page to stay informed. Search @gals01721 to find us.

If you’d like to learn more about the Lions and our Club, please contact VP Lion Ed at e.murras@yahoo.com or Lion Alexis at cvarnie@hotmail.com

Have a Happy St. Patrick’s Day!
Submitted: Lion Rosalie Porter, 2nd VP

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Open burning season continues through May 1

Permits can be obtained online or in person

The Ashland Fire Department has announced permits for open burning can now be obtained online at www.ashlandfire.com or in person at Ashland Fire Station 2 (70 Cedar Street).

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Open Burning Permits

The permit is good for the entire season however it needs to be activated each day. Burning cannot start before 10 a.m. but must start by 1 p.m. Fires must be out by 4 p.m.

No burning is allowed on the day of the Boston Marathon (Monday, April 18, 2022).

According to Open Burning Safety guidelines at Mass.gov, open burning must be done:

- After obtaining a permit from the local fire department
- Between 10 a.m. and 4 p.m. from Jan. 15 to May 1 (no extensions)
- At least 75 feet from all dwellings
- As close as possible to the source of material being burned
- When air quality is acceptable for burning: Call the MassDEP Air Quality Hotline at (800) 882-1497 or visit MassAir Online at <https://eeaonline.eea.state.ma.us/> to find out if it is safe to burn

Items that CANNOT be burned include:

- Leaves, grass, hay, and stumps
- Material over 4 inches in diameter
- Brush, trees, cane, and driftwood from commercial and/or institutional land clearing operations
- Tires and trash

Items that can be burned include:

- Brush, cane, driftwood and forestry debris not from commercial or industrial land clearing
- Materials normally associated with the pursuit of agriculture, such as fruit tree pruning, dead raspberry stalks, blueberry patches for pruning purposes, infected beehives for disease control
- Trees and brush resulting from agricultural land clearing
- Fungus infested Elmwood, if no other acceptable means of disposal is available (disease free brush is not an acceptable starting aid)

How to safely ignite and tend the fire:

- An adult should always be present during open burning, until it is completely extinguished.
- Children and pets should be kept a safe distance away.
- Use paper and kindling to start the fire and add progressively larger pieces of wood, parts of a discarded Christmas tree can be used.
- NEVER use gasoline, kerosene or any other flammable liquid to start a fire because the risk of personal injury is high.
- Burn one small pile of material at a time and slowly add to it, this helps to keep the fire from getting out of control.
- Select a burn location away from any utility lines.
- Monitor the wind and be prepared to extinguish quickly.

Fire control tools to have on hand:

- Water supply. This can be a pressurized water fire extinguisher, a pump can or a garden hose. TEST the water source before igniting the fire, you do not want to find out that the water is off or that the hose is cracked when you need it.
- Shovels and rakes – you can use dirt to put out a fire.

If the fire gets out of control:

- Call the fire department IMMEDIATELY
- People who allow a fire to get out of control, or who conduct illegal burning, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

For more safety tips, visit <https://www.mass.gov/doc/safety-tips-for-open-burning/download>

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2022 CAMP GUIDE

How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches,

parents may be a little less hesitant about sending their kids to camp than they were a year ago. The rollout of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly

continued on next page

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CAMP QUESTIONS

continued from previous page

emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.
- Ask children if they want to go to camp. Everyone is experiencing some measure

of pandemic-related burn-out, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

- Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.



- Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

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5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days



of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be

spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less



familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving

the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want

to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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Legislature Approves Nero's Law

Bill creates new protections for law enforcement K9 officers

The House and Senate passed An Act allowing humane transportation of K9 partners, also known as Nero's Law, which would ensure law enforcement officers' K-9 partners receive life-saving medical attention and transport if injured in the line of duty. The bill responds to the tragic events that took the life of New Bedford-native and Yarmouth Police K-9 Sergeant Sean Gannon and severely injured his K-9 partner, Nero.

"Providing emergency medical services to police dogs injured in the line of duty is both compassionate and appropriate, especially in light of what we're asking them to do," said Senate President Karen E. Spilka (D-Ashland). "Service dogs play a necessary role in effective law enforcement operations, and they deserve our support. I want to thank Senator Montigny for his hard work and attention to this issue, Chair Rodrigues, and Sen-

ators Timilty and Cyr for their advocacy and collaboration on this legislation, as well as Speaker Mariano and my colleagues in the House for getting this important bill to the governor's desk."

"K-9 police dogs provide several indispensable services to the Massachusetts police force, and the Commonwealth as a whole. Given the sometimes dangerous jobs that police dogs are asked to undertake, providing them with any necessary emergency medical care is our moral responsibility," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank Chair Michlewitz, Chair González, and Representative Xiarhos for the efforts they made to ensure the passage of Nero's Law, as well as Senate President Spilka and my colleagues in the Senate for advancing this critical legislation."

In April 2018, Sergeant Gannon was shot and killed while serving a warrant in the Town of



Barnstable. Despite the multiple empty ambulances on site, Nero, who had been shot and severely injured, had to be rushed to the animal hospital in the back of a police cruiser. Current Massachusetts law prohibits emergency medical personnel from treating and transporting animals. Fortunately, Nero survived his injuries, but the inability to transport him showed that reform was needed to honor working dogs who risk their lives every day to serve the Commonwealth.

Nero's Law would authorize emergency medical service per-

sonnel to provide emergency treatment and transport of K-9 partners. This includes basic first aid, CPR, and administering life-saving interventions such as naloxone.

"K9 officers like Nero are selfless heroes who endure extreme danger in order to keep us safe," said Senator Mark Montigny (D-New Bedford), lead sponsor of the bill. "We must honor their loyalty and service by ensuring EMS personnel can provide basic treatment and transport should they sustain serious injuries. As a native son of New Bedford, Sergeant Gannon, and by extension his K9 partner Nero, is forever a beloved part of our community. The Gannon family has been a tremendous force in ensuring this bill got done, inspiring myself and others to fight for this legislation every day. We hope this law helps honor their son's legacy," said Senator Mark Montigny, lead sponsor of the bill.

"I'd like to thank Speaker Mariano, Ways and Means Chair Michlewitz, Public Safety Chair Gonzalez, and Minority Leader

Jones for their leadership in getting this bill passed in the House this session," said Representative Steve Xiarhos (R-Barnstable), who sponsored Nero's bill in the House. "As a former Deputy Chief of Police who was there on the day K9 Nero was shot, I know personally how important this legislation is. We need to send a clear message to first responders throughout the Commonwealth that we support them and their mission."

"Sergeant Sean Gannon was a dedicated officer of the Yarmouth Police Department known for his restraint and his quiet but firm sense of right and wrong. His tragic murder — and the life-threatening injuries sustained by his canine Nero — left the Cape and Islands in shock and grieving," said Senator Julian Cyr (D-Truro). "We rely on canines to serve alongside police officers to go where we cannot, seek out what we cannot detect, and search for the vulnerable

NERO'S LAW
continued on page 22

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Sports

There Was No Way Maggie Lester Was Going to Miss Her Senior Hockey Season

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

With Covid playing games with high schools sports last year, Ashland's Maggie Lester decided instead of just sitting around as she waited for the softball season to begin, she decided to go back to volleyball one last time.

The decision almost cost Lester her senior season on the ice with the Medway/Ashland girl's hockey team.

Two days into the volleyball tryouts for the Clockers, the then-junior was attempting to jump and hit the ball over the net, but unfortunately landed wrong and wound up tearing her ACL.

"I landed wrong and felt my knee twist and heard a pop," she said. "At first, I didn't think it was that bad, but I really couldn't put any pressure on it and the Coach had to drag me off the court. At the time (some seven months before the season was to begin) I wasn't thinking that this was that serious and was going to interfere with my senior hockey season."

However, after going to the doctors, she found out what had actual happened to her on the volleyball court, and it was something that had a real possibility of her sitting on the sidelines while her teammates played out the 2021-2022 hockey season without her.

"That was probably the hardest thing I had to ever deal with; not comprehending that as a senior captain of the hockey team that I may not be on the ice with my teammates this year," Lester said. "When I called the Coach (Karl Infanger) to give him the bad news, he was not only supportive but said he had full faith in me and my ability to be back on the ice for the season."

Infanger, who had sent his winger a message with gif of the Mandalorian breaking through a wall, knew what he had in Lester and was quite sure she'd back skating with her teammates at some point of the upcoming season.

"When I got the phone call from Maggie telling me that she may not be playing this year be-



cause of her injury and the recovery time was about 8 months, I didn't believe it," the Medway / Ashland Coach said. "She would continuously send me updates of her progress throughout the off-season while continuing to work her butt off. Five and a half months later and ahead of schedule she returned to the team."

"It was not a fun few months of going to PT, but I was determined and had a lot of motivation to get back on the ice," Lester said. "I would be at the gym seeing everyone practicing for their sports while I was trying to get back to my sport; four or five times a week with a lot of squats."

In October, Lester had attempted to gain clearance to get back to the sport she loves so much but was denied that opportunity as she was just not ready. Lester having already missed the team's first scrimmage she was scheduled for another test. This time she was able to pass the test and was more than relieved. Had she had not been given clearance to join her teammates it would have been another eight weeks before she could try again, and at that point the season would have been just about completed.

"I didn't want to have to go through another eight weeks," she said. "As I began the testing process there was a giant pit in my stomach, and I had never been so nervous in my life. When I was given the clearance, my whole family was cheering, and I immediately texted my coach and my linemates. It was such a relief."

Lester got involved with ice hockey at the tender age of 5. Her father loved pond skating and she was a super hyperactive individual, so he laced her up and got her on the ice. From that point in time there was no turning back. The youngster started in a learn to skate program but to her it was all about getting to play hockey. Lester noted that she had tried a lot of different sports before she found hockey, but it was always the same, she got upset with the sport. With hockey she not only found something that she truly loved but it also helped her to burn a lot of energy in that young body.

The first team she laced up the skates for was the Lady Flames, an under-10 team. In addition to the Flames, she was also skating with a boys' competitive travel team, The Demons. The two teams were total opposites of one another.

"The big difference was that it was much faster, and boys don't like to pass, they want to do it all on their own. I guess it's the nature of being a boy," she said. "I didn't find myself at a disadvantage playing for the boys' team and it made me even stronger."

Three years into her career with the Lady Flames, Lester moved onto the Junior Eagles out of Boston, now playing in a program that was much more intense and cutthroat than she had been used to. The Ashland native added that it was an absolutely tough program with skill coaches coming in every week to teach them while bringing their games to the next level. Since joining the high school team three years ago,

the left-winger has also been skating for the Boch Blazers.

During her freshman campaign, Lester found her way onto the first line, but also realized that she was still a rather small freshman when she stepped onto the ice against the other teams.

"Varsity high school hockey was very intense, and I was definitely not used to playing girls that were that big, they looked so huge to a young freshman," Lester recalled. "But eventually (about six games in) I realized that I could play with these girls and ended up I think ninth in the league in points that season. Not too bad for a freshman."

Prior to her sophomore season, at the urging of her Coach, she got involved in playing in a summer league before her fall season with the Blazers got underway. She entered the high school season in tip top shape and recorded 24 points (13 goals and 11 assists) that year. Then, unfortunately, the next season was cancelled due to Covid, but she did manage to find a league in Framingham in which she could keep up her skating while working on her skills for a handful of games.

After getting the clearance to play in her final season with the Medway / Ashland team, Lester seems to have not lost a step despite her tragic injury on the volleyball court. Getting the chance to play in her senior campaign she is looking for the team to have a positive performance while making it into the tournament, especially after they missed out on not having a season last year and only got to play one game in the post-season the year before that.

Individually Lester would like to play at a competitive level once again this winter; hoping to get back to where she was prior to the injury.

"People keep saying take it easy, it'll take time to get back to the high level you were playing at, but I don't want to get into a recovery mode. I want to be where I was before, now," she said. "We have a great team with a lot of potential and should hit our stride late in the season just in time for the tournament."

At 5'10," Lester considers herself a strong player with a great wrist shot and one who can pass or take it to the net herself – all attributes that should help her team get to its goal of making it to the tournament. Through the first three years, her goal scoring has continued to increase thus giving her team the opportunity to accomplish their goals. During her freshman year she tallied 4 goals and 6 assists, while increasing that total to 10 goals and 9 assists in her sophomore season. Last year during the abbreviated season she netted 3 goals and another 3 assists.

"As a two-time captain she is once again leading our team in scoring (at the time of this writing the left-winger has 11 goals and 12 assists)," Infanger said. "She is a character, in a good way – she's the clown of the locker room with her one-liners that keep the team loose, but on the ice, she plays a hard physical game and has a nice touch around the net."

As long as Lester is able to keep her teammates focused while on the ice and continue playing at the pace, they have for the first part of the season then Medway / Ashland should be able to secure a high seed in the tournament and then they can go after their goals of winning in the post-season. Two years ago, they got sent home in the Preliminary Round of the MIAA Division 1 Girls Ice Hockey Tournament with a 3-2 loss to Arlington; this year they want to avenge that loss and go deep into the tournament behind the leadership of Lester.

Ashland Lions Club March Update



Welcome New Members!

Ashland Lions welcomes its four new members – Lion Richard, Lion Roz and Lion Patrick to the club! If you're interested in becoming a member of the Ashland Lions, please reach out to us via email at membership@ashlandlions.org for details.

Ashland Lions Club Scholarship

Each year the Ashland Lions Club awards four scholarships to graduating seniors who reside in Ashland, MA. They can be home schooled, an exchange student, or any graduating senior. Applications are available at the Guidance Office at Ashland High School and Keefe Tech as of March 1, 2022. The application is also available at www.ashlandlions.org. To apply students should not only complete the Ashland Lions Scholarship application, but also attach an original essay as to why they would deserve the award and a copy of their School Transcript.

The completed application due date is May 1, 2022 and it can be submitted to the Guidance Department at Ashland High School or Keefe Tech or it can be mailed to the address on the ap-

plication. Any applications post marked later than May 1, 2022 will not be eligible.

Ashland Lions 2nd Annual Regatta

The 2nd annual Lions "Regatta" will be held at the Sudbury River on Saturday March 26th (Rain date March 27th). Small numbered boats will race from the bridge at Burnam's, over the falls at "Crosti's," and to a finish line behind the VFW. Cash prizes will be awarded for the fastest three boats. Boats may be "purchased" for \$5.00 each or 3 for \$10.00 at the Honey Dew on West Union Street from 9:30 to 10:30 March 7th to the 25th, or by calling Lion Julian Doktor at (508)881-4664. All proceeds will go to eye research and local charities.

Food Drive for Ashland Food Pantry

On Saturday, March 12th the Lions will be at Market Basket from 9-3 collecting non-perishable food for the Ashland Food Pantry. Shoppers will be asked to purchase food items for that cause. Bill Gazard at Ashland Self Storage has donated a U-haul truck to help transport collected food to the pantry and scouts from Troop 223 will be helping to unload the items. Recently the Lions donated \$500.00

to the pantry to help purchase needed items.

Ashland Lions Meat Raffle April 2

Ashland Lions will continue to celebrate 25 years of meat raffles! Our final meat raffle will be held on April 2 at 12pm at TJs Food and Spirits in Ashland. As always there will be great food, fun people and great meat to choose from. See you there!

Senior Breakfasts

Seniors, why not join us and other members of the community for breakfast? Senior Breakfasts are on the first Thursday of each month, held at the Ashland Senior Center, 162 West Union St in Ashland. This event runs through May.

Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. This year we have already collected over 1300 pairs of used eyeglasses this Lionistic year alone.

Collection boxes are located at:

Ashland Post Office
Ashland Senior Center
NEW! Old train station - Ashland
Moody Optical - Ashland
Middlesex Bank - Ashland
Fayville, MA Post Office
Studio Optics - Framingham

Stay up-to-date on Lions happenings

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

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NERO'S LAW

continued from page 20

in their most trying moments, yet existing law prohibits emergency responders from treating and transporting police canines like Nero when they are most in need. I'm proud that the Legislature is honoring Sergeant Gannon's legacy and his example by protecting our canine friends who have been our companions and partners in public safety and so much more."

"I am grateful that Nero's Law has been enacted. Each and every day, law enforcement professionals, including police canines, put their lives on the line to protect the citizens of the Commonwealth. It is crucial that our first responders are given the ability to treat them when they are wounded in the line of duty. Our first responders are now able to provide emergent care to wounded police canines as a result of this legislation," said

state Senator Walter F. Timilty (D-Milton), Senate Chair of the Joint Committee on Public Safety and Homeland Security. "Listening to heartfelt testimony during our public hearings on this bill, I was reminded of the important, unique, and strong bond between a police officer handler and his or her police canine. This is a great day for the law enforcement community."

"Thanks to the Speaker and members of the Public Safety Committee for advancing Nero's Law to the Governor," said Representative Carlos González (D-Springfield), House Chair of the Committee on Public Safety and Homeland Security. "Our K-9 officers are heroes, and today we honor all those who have been injured or have lost their lives in the line of duty to protect the public. A special gratitude to Denise and Patrick Gannon for their dedication and advocacy."

Nero's Law now advances to the Governor's desk for consideration.


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Real Estate Corner

Ashland Recent Home Sales

Date	Address	Amount
1/31/2022	383 Eliot Street	\$400,000
1/28/2022	333 America Blvd	\$575,000
1/28/2022	40 Independence Lane	\$940,000
1/28/2022	37 Indian Spring Road	\$479,500
1/28/2022	3 Indian Brook Road	\$825,000
1/28/2022	309 Cedar Street	\$439,000
1/28/2022	62 Oak Street	\$415,000
1/27/2022	3 Hunting Hill Lane	\$760,000
1/24/2022	4 Lorraine Drive	\$1 mil
1/24/2022	16 Wadsworth Road	\$939,900
1/21/2022	10 Learned Road	\$405,000
1/13/2022	287 Captain Eames Circle	\$540,000

Source: www.zillow.com / Compiled by Local Town Pages



309 Cedar Street in Ashland recently sold for \$439,000. Image credit: www.zillow.com




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